

Chopped Salad Bar

Small *\$7.99*

Large *\$8.99*

Choose your Lettuce

Romaine, Mesclun Greens, Baby Spinach, Iceberg

Choose your Free Toss-ins

Asian Noodles, Bell Peppers, Black Olives, Broccoli Florets, Carrots - Shredded, Celery, Chickpeas, Corn, Croutons, Cucumbers, Golden Raisins, Parmesan Cheese, Green Olives, Hot Peppers, Kidney Beans, Mandarin Oranges, Mushrooms, Pepperoncini, Red Onions, Sunflower Seeds, Sweet Peppers, Tomatoes - Diced, Tomatoes - Grape, Tortilla Chips

Choose your Dressing

Balsamic Vinaigrette, Caesar Dressing, Chunky Bleu Cheese Dressing, Classic Italian Dressing, Country French Dressing, Creamy Ranch Dressing, Greek Dressing, Honey Mustard Dressing, Mandarin Orange Sesame Vinaigrette, Mango Salsa Vinaigrette, Oil & Vinegar, Russian Dressing, Sesame Ginger Dressing

Lite and Fat Free Dressings

Lite Italian Dressing, Lite Ranch Dressing, Fat Free Italian Dressing, Fat Free Tomato Basil Vinaigrette, Fat Free Raspberry Vinaigrette, Fat Free Balsamic Vinaigrette, Fat Free Ranch Dressing

Extras

\$.75

Crumbled Bleu Cheese, Crumbled Bacon, Dried Cranberries, Feta Cheese, Granny Smith Apples, Gorgonzola Cheese, Hard Boiled Eggs, Marinated Artichokes, Roasted Peppers, Shredded Cheddar, Shredded Mozzarella, Sundried Tomatoes, Walnuts

Extras

\$1.50

Almonds, Avocado, Candied Walnuts

Extras

\$1.95

Diced Ham, Diced Turkey, Fresh Mozzarella, Grilled Portobello Mushroom

Extras - by the Scoop

Egg Salad - \$2.00

Tuna or Chicken Salad - \$2.75

Springtime Tuna Salad - \$2.75

Low Fat Veggie Tuna - \$2.75

Cranberry Walnut Chicken Salad - \$2.75

Low Fat Grilled Chicken Salad - \$2.75

Shrimp Salad - \$3.95

Additional Extras

BBQ Chicken - \$2.25

Cajun Chicken - \$2.25

Breaded Chicken Cutlet - \$2.25

Grilled Chicken Cutlet - \$2.25

Teriyaki Chicken - \$2.25

Grilled Large Shrimp (4) - \$2.75

Gourmet Salads To Go

Garden Salad

Sm \$7.49 • Lg \$8.99

Mixed Greens With Freshly Cut Carrots, Peppers, Cucumbers, Red Onions And Tomatoes

Chef Salad

Sm \$8.99 • Lg \$10.99

Garden Salad With Ham, Turkey, Cheese And Sliced Hard Boiled Eggs

Grilled Chicken Caesar

Sm \$8.99 • Lg \$10.99

Crisp Romaine Lettuce, Freshly Grilled Chicken, Homemade Croutons, Shaved Romano Cheese With Our Homemade Caesar Dressing

Greek Salad

Sm \$8.99 • Lg \$10.99

Mixed Greens With Red Onions, Cucumbers, Red And Green Peppers, Kalamata Olives, Pepperoncini And Feta Cheese

Apple Gorgonzola Salad

\$11.99

Mesclun Greens With Grilled Chicken, Sliced Apples, Glazed Walnuts, Craisins And Gorgonzola Cheese

Asian Noodle Salad

\$11.99

Crisp Romaine Lettuce, Grilled Teriyaki Chicken, Crisp Noodles, Craisins, Mandarin Oranges, Sliced Almonds And Served With A Sesame Ginger Dressing

California Spring Salad

\$11.99

Mesclun Lettuce, Tomatoes, Walnuts, Cucumbers, Feta Cheese, Mandarin Oranges And Sliced Red Onions Served With A Raspberry Vinaigrette

Cari's Spicy Salad

\$11.99

Romaine Lettuce, Cajun Grilled Chicken, Crunchy Tortilla Strips, Avocado, Jalapeños And Shredded Cheddar Cheese.

Chicken Cutlet Supreme

\$11.99

Mixed Greens With Sliced Breaded Chicken Cutlet, Sundried Tomatoes And Fresh Mozzarella Cheese

Cobb Salad

\$11.99

Crisp Iceberg Lettuce With Grilled Chicken, Chopped Bacon, Sliced Hard Boiled Eggs, Red Onion, Fresh Avocado And Crumbled Bleu Cheese

Grilled Asparagus and Portobello

\$11.99

Mesclun Lettuce, Cherry Tomatoes, Red Peppers, Asparagus, Portobello Mushrooms, Feta Cheese Served With Honey Mustard Vinaigrette

Jogger's Salad

\$11.99

Crisp Romaine Lettuce With Cool Creamy Cottage Cheese, Fresh Fruit Salad, Nuts And Raisins

Seaqua Salad

\$11.99

Mesclun Greens With Grilled Chicken, Feta Cheese, Craisins, Grape Tomatoes, Glazed Walnuts And Avocado

Spinach Salad

\$10.99

Baby Spinach, Red Onion, White Mushrooms, Crumbled Bacon And Hard Boiled Eggs With A Warm Bacon Vinaigrette

Tuscan Salad

\$11.99

Mesclun Greens With Grilled Chicken, Fresh Mozzarella, Roasted Peppers And Avocado

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Egg Salad - \$2.00

Tuna or Chicken Salad - \$2.75

Springtime Tuna Salad - \$2.75

Low Fat Veggie Tuna - \$2.75

Cranberry Walnut Chicken Salad - \$2.75

Low Fat Grilled Chicken Salad - \$2.75

Shrimp Salad - \$3.95

Additional Extras

BBQ Chicken - \$2.25

Cajun Chicken - \$2.25

Breaded Chicken Cutlet - \$2.25

Grilled Chicken Cutlet - \$2.25

Teriyaki Chicken - \$2.25

Grilled Large Shrimp (4) - \$2.75

Homemade Salads By The 1/4 Pound

<i>Bavarian Macaroni Salad</i>	<i>\$1.75</i>
<i>Chicken Salad</i>	<i>\$3.00</i>
<i>Coleslaw</i>	<i>\$1.62</i>
<i>Cranberry Walnut Chicken Salad</i>	<i>\$3.25</i>
<i>Cucumber Salad</i>	<i>\$1.75</i>
<i>Egg Salad</i>	<i>2.00</i>
<i>Fruit Salad</i>	<i>2.00</i>
<i>German Potato Salad</i>	<i>1.75</i>
<i>Macaroni Salad</i>	<i>1.62</i>
<i>Pasta Supreme Salad</i>	<i>2.00</i>
<i>Penn Dutch Potato Salad</i>	<i>1.75</i>
<i>Potato Salad</i>	<i>1.62</i>
<i>Spinach Bowtie Pasta Salad</i>	<i>2.25</i>

Tomato Mozzarella Salad

2.25

Tuna Salad

3.00